

HALIFAX

metro®

NEWS
WORTH
SHARING.



RUSSELL UNHAPPY WITH REFS IN FINAL

HALIFAX GM SAYS TOO MANY
LIBERTIES BEING TAKEN AGAINST
HIS STAR PLAYERS IN QMJHL **PAGE 19**

4 robberies + \$500K = 25 years

Jail sentence handed down for
man who terrorized employees
at N.S. businesses he robbed **PAGE 4**

Get into Gwyneth's pantries

It's All Good — except for all the fun
stuff, according to Paltrow's new
cookbook **PAGE 14**

What does your freedom
look like?



Turn to page 8



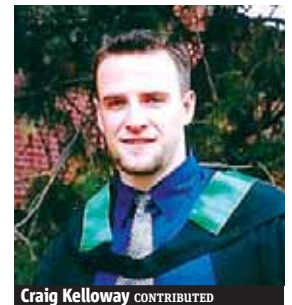
ALLEY GOING DOWN THE GUTTER

A bowler watches the pins fall at Fairlanes Bowling inside the Halifax Shopping Centre on Monday. Fairlanes is being forced to shut down
at the end of June after the mall refused to renew its lease. Story, page 3. DEVAAN INGRAHAM/FOR METRO

N.S. man killed in Alta.

'Best science teacher.'

Craig Kelloway of
Glace Bay dies after an
altercation in Calgary



Craig Kelloway CONTRIBUTED

A Glace Bay family is heart-
broken following news of the
death of their son in Calgary.

Harvey Kelloway said he
opened his door Sunday at 7
a.m. to see five members of the
Cape Breton Regional Police
Service there, including Deputy
Chief Lloyd MacCormack.

Being a retired police officer,
Kelloway said he knew what to
expect.

"The first thing I said was,
'What happened to Craig? Was
he in a car accident?'"

"They said, 'It's worse.'"

Police told him his son had
been murdered.

"I hollered for my wife Mon-
ica. She was hysterical. All the
boys were here trying to get us
calmed down a bit."

Craig Kelloway, 31, died
after an altercation at a house
two doors from his new resi-
dence in Calgary late Saturday,
according to police.

On Monday, Calgary police

announced they had charged
Nicholas Raspberry, 25, with
second-degree murder.

Adrian Swain, friend of the
victim, said Kelloway helped
out with his plumbing busi-
ness during the summers when
not teaching at Calgary's David
Thompson Middle School.

"He was the nicest guy.... He
would do anything to help his
neighbours," Swain said.

Kelloway had a five-month-
old son.

Students have flocked to
social media to express their
condolences. "You were the
best science teacher anyone has
ever had," wrote one. "Can't be-
lieve you're gone." **CAPE BRETON
POST, WITH FILES FROM METRO CALGARY**



Give Mom
breakfast in Brunello.

Waffles taste better when you live on a golf course, 15 minutes from downtown.

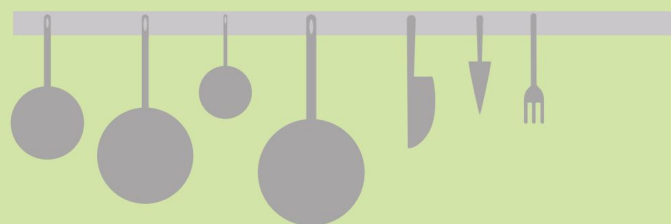
Active listings online! Exit # 3 off the 103. Display Centre open weekends, 1 until 5.



porter
flying refined

We're chop, chop, chopping so you save, save, save.

Porter has chopped its airfares so that you can get onboard, and out of town. Book by Friday, May 10, 2013 to savour the savings. Chop chop.



Flights from Halifax: Book by May 10, 2013. Travel by September 3, 2013. Advance purchase of up to 14 days is required. Fares may not be available throughout the entire travel period. One-way fares include all taxes, surcharges and mandatory fees. Fares starting from:

MONTRÉAL 3 x daily	OTTAWA 5 x daily	TORONTO 6 x daily	ST. JOHN'S 3 x daily	SAULT STE. MARIE	SUDBURY	TIMMINS	THUNDER BAY	WINDSOR
\$183	\$183	\$195	\$137	\$274	\$269	\$269	\$274	\$269
Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees	Includes all taxes/fees

Book online or contact your travel agent.

flyporter.com

porter
Escapes

Limited availability. Vacation packages from Halifax. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees.**

★★★★ **TORONTO**
\$590
Westin Harbour Castle
Traditional Room
Dept. June 28, July 27
Nights: 2

★★★★ **WASHINGTON DC**
\$627
Liaison Capitol Hill
Deluxe Room
Dept. July 26, 27
Nights: 2

Fly to and from Washington Dulles.

★★★★ **MONTRÉAL**
\$516
Hyatt Regency
Standard Room
Dept. June 15, 16, 17
Nights: 2

★★★ **OTTAWA**
\$429
Hotel Indigo
Standard Room
Dept. June 1, 6
Nights: 2

Book packages online, contact your travel agent or call 1-855-372-1100. TTY – Dial “711”.

porterescapes.com

* Book by 11:59 pm Eastern Time May 10, 2013. Travel by September 3, 2013. Fares advertised are valid for travel through June 26, 2013. Additional sale fares are available for travel from June 29, 2013 until September 3, 2013. Up to 14-day advance purchase may be required. Advertised fares are subject to availability and may not be available throughout the entire travel period. Discount applies only to the base airfare and does not apply to fees, taxes or surcharges. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines from Billy Bishop Toronto City Airport. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.



Mall boots bowling alley

Halifax Shopping Centre. Lease termination means 50-year-old Fairlanes Bowling will be closed on June 30



RUTH DAVENPORT
ruth.davenport@metronews.ca

A staple of the Halifax Shopping Centre will close at the end of June, apparently a victim of the mall's ongoing reinvention.

The manager of Fairlanes Bowling said management has opted not to renew the bowling alley's lease this year, forcing the operation to shut down.

"We're feeling very upset," Fairlanes manager Doug Blackler said on Monday. "I've had people even crying, that's how bad it's been."

Blackler said he hasn't been given a clear reason for the decision not to renew the

Quoted

"I'm not mad at the mall if that's what life's all about, I'm just mad about what's happening to all these people."

Doug Blackler, manager, Fairlanes Bowling Halifax

lease, but said it's likely connected to plans to upgrade the mall, possibly by relocating the food court from the upper level.

"I believe 100 per cent that they didn't have to do what they're doing," he said. "They could have taken the space, from what I can see... and they still could have left me with half a building."

No one from the Halifax Shopping Centre was available for comment on Monday afternoon.

Blackler said 20 employees will lose their jobs when Fairlanes closes, and hundreds of seniors and families will lose a reliable entertain-

ment option.

"We are the oldest, longest-standing part of this whole mall," he said. "We were here when the mall was nothing, in 1963. There's going to be a lot of seniors, families and kids very upset."

Fairlanes hosts several charity events every year, including the annual Big Brothers Big Sisters Bowl for Kids Sake in March.

Ed Saunders of Big Brothers Big Sisters Halifax said it's the organization's largest annual fundraiser.

"Every year we usually raise in the range of \$200,000 or more at that event. It's a huge revenue source for us," he said. "So it's going to be a little challenge for us."

Blackler questioned the transformation that has seen the mall add several high-profile retailers in recent years, including the Apple Store, Victoria's Secret, Sephora and Lush.

"They're turning it into an awful big high-end mall," he said. "I think they're going in the wrong direction."



There'll be no more hanging out in front of Fairlanes Bowling after June 30, when the lease expires. DEVAAN INGRAHAM/FOR METRO

Cape Breton father remembers daughter



Emma van Nostrand TWITTER.COM

A Cape Breton teenager who died running her first marathon is being remembered for her drive and value of friendships and family.

Emma van Nostrand, 18, collapsed on Sunday during the Goodlife Toronto Marathon with just over two and a half miles left in the race.

After a sleepless night, Emma's parents, Steve and Katherine van Nostrand, returned to the Coxheath home they share with their three other children.

"Going through all the things, coulda, woulda,

shoulda," Steve van Nostrand said on Monday. "Just memories of Emma and why would this happen to Emma, just the normal things you go through when you lose a child, especially at that age."

The trip to Toronto was a family affair for the van Nostrands, as Steve completed the city's half-marathon, while Katherine and a cousin of Emma's completed the full race.

"Her cousin had seen that she was being taken away to an ambulance but didn't know what the circumstances were,

so she finished the race," van Nostrand said. "My wife caught up with her just before she finished the race, so the two of them knew that Emma had needed help, but figuring she was just dehydrated or something — we didn't know the seriousness of it at the time."

The van Nostrands' second-oldest child also had no health issues, her father said.

After the marathon, the family went to a medical tent to find Emma, but were told she had been taken to nearby St. Joseph's Health Centre.

After a 45-minute taxi ride, the family arrived and was told the terrible news.

"Obviously, it's devastating for us because we expected to pick up our daughter after being dehydrated," van Nostrand said. "We expected Emma to be mad that she didn't finish the race, because she would have been very mad to not finish."

On Monday, a crisis intervention team visited Riverview High School, where Emma was an honour student, an "AAA" basketball player and an "AA" soccer player. **CAPE BRETON POST**

What does your freedom look like?
tellusyourfreedom.ca

Freedom 55
Financial

Freedom 55 Financial and design are trademarks of London Life Insurance Company.

Hostage-taking. Armed robber who terrorized store employees gets 25 years

A man characterized by a judge as a career criminal who terrorized employees in a series of heists at businesses across the province was handed a 25-year prison sentence on Monday.

Judge Kevin Coady of the Nova Scotia Supreme Court sentenced Jermaine Carvery on charges of attempted murder, robbery and forcible confinement for four robberies that netted nearly \$500,000 in cash and goods.

The robberies happened in 2004 at a Costco in Halifax, a TRA Cash and Carry in Truro, Chrissy's Trading Post in Hammonds Plains and Direct Cash in Dartmouth in 2006.

In all of the heists, Carvery and one or more accomplices held employees hostage with weapons.

During the holdup at Costco, the robbers bound and, in some cases, duct-taped the eyes of about 40 employees over two and a half hours as they arrived for work in what the Crown has described as a scene from a Hollywood movie.

Coady said there were few, if any, mitigating factors in the case and he rejected the defence's argument that Carvery, 34, committed the robberies to support a gambling habit.

"Mr. Carvery desired a high-end lifestyle," Coady said. "While Mr. Carvery may have developed a gambling habit, I see it more as living the life of a big shot."

Outside court, a Costco employee who was held hostage in 2004 said he doesn't think Carvery has any interest in rehabilitating.

"I don't think that justice has been served," said the man, who did not want to be identified. "I don't know how many offences a person needs to commit in order to be locked away from society."

THE CANADIAN PRESS



Jermaine Carvery
DAILY NEWS FILE



Ahoy, voyagers — fair winds and following seas!

The arrival of the MS Veendam and the Silver Whisper (not shown) on Tuesday mark the beginning of the 2013 cruise-ship season in Halifax. A total of 133 ships will dock here between now and Oct. 31, bringing some 240,000 passengers to the city. Cruise-ship visitors are a significant part of the city's summer tourism industry, contributing about \$50 million to the local economy every year. DEVAAN INGRAHAM/FOR METRO

Impaired charges

Driver more than four times legal alcohol limit: Cops

A man arrested in Dartmouth for impaired driving provided a breath sample that was more than four times the legal limit, police allege.

A citizen called police on Monday after noticing a vehicle driving erratically on Kiltarn Row in Dartmouth Crossing, and followed the car to update police on where it was going. Officers arrested the 33-year-old driver at Lancaster and Sea King. He faces charges of impaired driving and having a blood alcohol level over the limit. **METRO**

Busted

Police seize cash, pot plants in search

A Dartmouth man is facing charges after a weekend search turned up drugs and cash.

Halifax Regional Police say members of the Integrated Drug Unit carried out

a search warrant at a home on Lillian Drive at about 6:25 p.m. on Saturday. The officers seized several marijuana plants, hashish, cash and drug paraphernalia.

A 57-year-old Dartmouth man was arrested at the scene and faces several charges including possession of drugs for the purpose of trafficking. **METRO**

Turn your everyday purchases⁺ into cash back.



Get up to 4% cash back¹

- 4% cash back at gas stations and grocery stores
- 2% cash back at drug stores and on recurring bill payments
- 1% cash back on everything else



Get up to \$300 cash back² every year.

- 1% cash back on debit purchases
- Unlimited self-service transactions

scotiabank.com/cashback

You're richer
than you think.

 **Scotiabank®**

¹Registered trademarks of The Bank of Nova Scotia. ²Trademark of The Bank of Nova Scotia. ³Trademark of Interac Inc. used under license. *VISA Int/Lic. user The Bank of Nova Scotia. Bank note images used and altered with permission of the Bank of Canada. ⁴Purchase returns, payments/deposits, cash advances/withdrawals, Scotia® Credit Card Cheques/account cheques, credit vouchers, card/account fees, interest charges or service/transaction charges do not qualify for Scotia Momentum cash back or MoneyBack; pre-authorized debits that are set-up on your Scotia Moneyback account do not qualify for cash back. ⁵You will earn 4% cash back on the first \$25,000 you spend annually at VISA merchants classified in the VISA network as Grocery Stores & Supermarkets, Service Stations (with or without ancillary services) and Automated Fuel Dispensers (Merchant Codes: 5411, 5541, & 5542). You will earn 2% cash back on the first \$25,000 you spend annually at VISA merchants classified as Drug Stores & Pharmacies (Merchant Code: 5912) and Recurring Payments. These added benefits will not apply to merchants located on the premises of these merchants but who are classified by VISA in another manner. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Not all merchants offer recurring payments. You will earn 1% cash back on purchases made after you have reached the 4% \$25,000 annual spend maximum and/or the 2% \$25,000 annual spend maximum and on all other purchases made with the card. ⁶Receive 1% cash back on the first \$30,000 spent annually on qualified purchases using the ScotiaCard banking card. Conditions apply. Visit scotiabank.com/moneyback or a Scotiabank branch for full details.

Serious crimes. Convicted MLAs would lose pensions under proposed law

The Nova Scotia government would have the power to collect money taken from the province by members of the legislature who are convicted of a serious indictable offence.

Deputy premier Frank Corbett says amendments to the Members' Retiring Allowances Act introduced Monday would mean the province can go after all of the cash taken improperly from taxpayers.

Corbett says the legislation was created in response to the conviction of three members of the legislature in the wake of an expense scandal in 2010.

He says the law would also close a loophole that allows members to keep their pensions if they resign or leave politics before the end of a criminal trial.

Corbett says under the new law, a member of the legisla-

Expense-scandal fallout

3

Russell MacKinnon, Dave Wilson and Richard Hurlburt are all former MLAs who pleaded guilty to criminal offences in wake of the 2010 expense scandal.

ture would be reimbursed for the amount they had paid in, but their right to a full pension would be forfeited.

The amendments apply to a member of the legislature convicted of a crime with a maximum sentence of five or more years in jail.

"It's been a loophole. We've closed it. Now, going forward, people will know what the rules are," Corbett said in an interview.

THE CANADIAN PRESS

Esplanade blaze. Man charged in yacht-club fire makes court appearance

A 34-year-old Sydney man charged with arson in connection with last week's fire that destroyed the Royal Cape Breton Yacht Club is scheduled to have a bail hearing Wednesday.

Derrick Joseph Harris of Victoria Road made a brief provincial court appearance Monday via video link from the Cape Breton Correctional Centre. He consented to a further remand pending the outcome of Wednesday's hearing.

Harris is also charged with arson and four counts of breaching court orders.

The May 3 fire destroyed the three-storey vacant build-



Fire engulfs the yacht club Friday.
CAPE BRETON POST

ing, which had been located on the Esplanade for more than a century. Police believe Harris acted alone and no further charges are expected.

CAPE BRETON POST



Community Services Minister Denise Peterson-Rafuse, right, embraces Premier Darrell Dexter at the North Woodside Community Centre following the announcement of a \$500-million long-term housing strategy in Dartmouth. DEVAAN INGRAHAM/FOR METRO

Province hits home with new long-term strategy

Looking ahead. \$500M promised for housing projects over 10 years

Quoted

"What we mean to do is straightforward, but it is ambitious." Premier Darrell Dexter



HALEY RYAN
haley.ryan@metronews.ca

A single mom who purchased her home through Habitat for Humanity says it's "about time" the province started a long-term housing strategy.

Karen Cole was on hand Monday as Community Services Minister Denise Peterson-Rafuse and Premier Darrell Dexter announced that \$500 million will go towards a new

housing plan for Nova Scotia over the next decade.

"I think it's about time that something amazing like this is going to happen to a lot of great people who just need to look in the right place," Cole said after the announcement at the North Woodside Community Centre in Dartmouth.

"Having my own home just is a confidence, a security. There's no real words for it, it just is life-changing."

Specific elements include

mixed-income communities, opportunities for seniors and people with disabilities, assistance to help recent grads stay in the province, and co-op strategies where groups can pool resources.

"Subsidized housing will be indistinguishable from market-priced homes," Dexter said.

Peterson-Rafuse said the Bloomfield project in Halifax's north end and College Park in Windsor will be the first developments to showcase the

strategy and could move forward this fall.

Liberal MLA Kelly Regan said she hoped to see more targets in the plan, and said the NDP are only adding \$7 million more annually for housing than they've spent over the last three years.

"You have to ask yourself how many units are we actually going to get out of this strategy. There's no goal here," Regan said.

Peterson-Rafuse said targets make a "good sound-bite" but it's not fair to set any yet because each area of the province has individual needs, so what's needed in Halifax is not the same as Yarmouth or Cape Breton.

Country Living... Refined

Ridgewood Park
in Brookside

A masterfully-planned residential community located just minutes from Halifax via Prospect Road, offering acre-plus country-style home sites in a serene setting, surrounded by forests, wilderness reserves and various lakes.



Contact Our Exclusive Ridgewood Park REALTOR®



Jeff Marchand
Ramar Realty
902.225.4662
jeffmarchand@ramarrealty.ca

Home Packages Starting at

\$299,900

RAMAR
Exclusive Home Builder

Ridgewood
PARK

Armco

www.liveatridgewoodpark.com

Sheepskates? University counting coins instead of sheep after budget sheared

The University of Saskatchewan is looking for someone to buy their flock of 300 sheep as recent cutbacks are forcing them to relocate the animals.

According to Mary Buhr, Dean of the College of Agriculture and Bioresources, it costs the U of S roughly \$100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in little funding.

"We have dairy cattle, we have beef cattle, we have turkeys, we have chickens and we have the sheep. When we look at the expenses ... (the sheep) are used for some teaching, but we don't get a lot of research done with them."

To meet the needs of students and researchers, the school will borrow small groups of sheep for limited periods.



For sale: 300 head of prime sheep.
CONTRIBUTED/UNIVERSITY OF SASKATCHEWAN

Fiona C. Buchanan, who taught the Sheep and Goat Management course, feels the sale will have a negative effect.

"The students that went through this year's sheep and goat course will have a much better experience than people in the future," she said.

MORGAN MODJESKI/
METRO IN SASKATOON

Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans' Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Blaney's comments came after a ceremony in Quebec

Special thanks to ...

"There wouldn't be a Gangnam Style if we hadn't had the sacrifice of Canadians, members of the United Nations."

Veterans' Affairs Minister Steven Blaney

City to honour naval veterans who took part in the blockade of Nazi Germany.

A government official said the remarks came in a question period with reporters, in which Blaney described a recent trip to South Korea.

TORSTAR NEWS SERVICE

Vienna

Camels, llamas crash soccer game

A galloping group of circus animals sent players running when they invaded a soccer match in Vienna being played by two under-15 girls' teams.

State broadcaster ORF reported that five camels and eight llamas escaped by pushing over a fence. The animals were swiftly rounded up after they tried to graze on the artificial grass. **THE ASSOCIATED PRESS**

Southern Alberta

Man pleads guilty to self-abduction

A man from southern Alberta has pleaded guilty to public mischief for staging his own abduction early this year.

Matthew Robillard, 25, of Lethbridge disappeared on Jan. 31. His car with a smashed window was later discovered running in an industrial area. Investigators received a phone call from him a few days later.

THE CANADIAN PRESS

Legless man begins his 300-km odyssey

We Walk 4Water.

Edmonton-to-Calgary journey will raise cash for clean drinking water

PATRICK NGUYEN

For Metro in Edmonton

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk 4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both of his legs to sacral agenesis, a genetic disorder, and doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it's led to one of the main messages he sends.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

When asked about his cause, West said, "Clean water is really the key to everything. So if we can provide clean water, then (children) can focus on education, they can focus on living their life."

West will be making the 300-kilometre walk on his hands and in his wheelchair with best friends David Johnson and Alex Meers, stopping at many towns along the way.



Spencer West, centre, flanked by best friends David Johnson and Alex Meers, about to begin their walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday during the trip.

For more

Follow the journey online at metronews.ca



Brothers in arms

West won't walk alone

West will be joined by Canadian singer Nelly Furtado; Free The Children co-founder Craig Kielburger; and Aislinn Paul and Munro

Chambers of Degraisi.

Kielburger called his organization "the world's largest network of children helping children," referring to their challenge for every student to raise \$25, enough to provide someone with clean water for life.

Arctic Ocean? Or Acidic Ocean?

That ain't frostbite

30%

Oceans around the globe have become an average of 30 per cent more acidic over the last 200 years, the report suggests.

60 authors, from Sweden's University of Gothenburg.

But there will be effects, said co-author Rashid Sumalia, a University of British

Columbia researcher. Commercially important species such as Arctic char and cod are in danger.

The report, the first on Arctic acidification, will be presented next week at a meeting of the Arctic Council, a group of eight countries that ring the North Pole. Canada will assume chairmanship for two years at that meeting.

Ocean acidification occurs when carbon dioxide is ab-

sorbed by the water. The dissolved gas forms a weak acid.

The process is more pronounced in the Arctic, the study concludes, because cold water absorbs CO2 more easily.

The result is that some Arctic waters are already so acidic that sea creatures will likely have trouble building shells, which are made of highly alkaline calcium carbonate.

THE CANADIAN PRESS

O'REGAN'S invites you to our

Welcome to the Neighbourhood Week.



GREEN LIGHT
USED CARS



AUTOPRO

Join us for a **FREE WAFFLE** breakfast
on the morning of **Friday May 10TH**,
9:00am - 11:00am & a **FREE BBQ** on
Saturday May 11TH, **11:30am - 2:00pm**
(While supplies last)

Visit us on **Kempt Road** between
May 6 - 11 for great deals like an
oil change for only **\$29.95**. Take a test
drive or book a service appointment
and be entered into a **daily draw** for a
\$100 GIFT CARD.



Ken Robinson

Buddy Maclean



O'REGAN'S
DRIVING HIGHER STANDARDS



GREEN LIGHT
USED CARS



AUTOPRO

HALIFAX
3170 KEMPT RD.
902.450.5775
902.406.7199

Sleep is for suckers. Caffeinated food gaining steam

Caffeine fiends needn't rely on beverages anymore.

An increasing number of foods with added caffeine have become available in the U.S., according to the Food and Drug Administration. In Canada, caffeinated gum and chocolate were recently given temporary approval from Health Canada.

The growth comes despite intensified government mon-

itoring and warnings about overconsumption of caffeine. A few years ago, three former employees of PepsiCo Canada and Kraft Canada

took note of



TORSTAR NEWS SERVICES

growing demand for "functional foods," from energy drinks with caffeine and amino acids, to yogurt with probiotics.

"We wanted to create a product that

tasted great and had the pick-me-up of a cup of coffee, not anything extreme," said Matt Schnarr, one of the founders of Awake Chocolate.

This year, they started shipping to stores in the U.S., joining caffeinated foods there, including Jelly Belly Extreme Sport Beans, Wired Waffles and Cracker Jack'd Power Bites.

TORSTAR NEWS SERVICE

Ex's e-lies killed my rep: Teacher



Lee David Clayworth and Lee Ching Yan ERIC DREGER/THE CANADIAN PRESS; FACEBOOK

Cybersmear. Man won damages in Malaysian court for ex-girlfriend's characterizations of him as child molester, pedophile, pervert

A Vancouver teacher whose ex-girlfriend has been spreading malicious lies about him online for the past two and a half years says her non-stop harassment is hurting his career prospects.

Lee David Clayworth, 35, was teaching in Malaysia in 2010 when he met Lee Ching Yan, now 29, online. He says a few weeks into the relationship she began acting aggressive, vindictive and controlling, and when he broke up with her, she broke into his apartment.

"She stole my laptop, she stole my hard drive, my passports, my money, all my clothes."

Weeks later, Clayworth found out that Yan had hacked into his email and Facebook accounts and sent an email to all of his contacts — includ-

ing coworkers, managers, and some students — posing as him and claiming to have had a sexual encounter with a 15-year-old student. She also posted a nude photo of him to his Facebook page that she had snapped of him in the shower without his permission while they were on vacation.

About a month later, Clayworth discovered Yan was posting hundreds of comments about him on sites like filthy liar.com and datingpsychos.com, calling him a child molester, a pedophile, a pervert and a sex maniac. He said at that point deleting them turned into a full-time job.

He successfully sued Yan for defamation and a Malaysian court ordered her to pay the equivalent of \$66,000 in damages. But her relentless cyberstalking continued. Yan was later found guilty of contempt of court and sentenced to jail, but she skipped the country.

Clayworth said that he has been looking for teaching work since January without luck, and is worried the smear campaign is scaring off potential employers. **KATE WEBB/METRO IN VANCOUVER**

Utah

DA weighs charges in soccer referee death

A Utah prosecutor says he plans to decide within a day or two what charges to file against a teenager accused of punching a soccer referee who later died after slipping into a coma.

The district attorney says he and his team are reviewing the evidence and state statutes to determine charges. He says there are strict rules to follow because the suspect is a juvenile. The teen is in juvenile detention on suspicion of aggravated assault. He may face more severe charges.

THE ASSOCIATED PRESS

First-degree murder

Casey Anthony should've been convicted: Judge

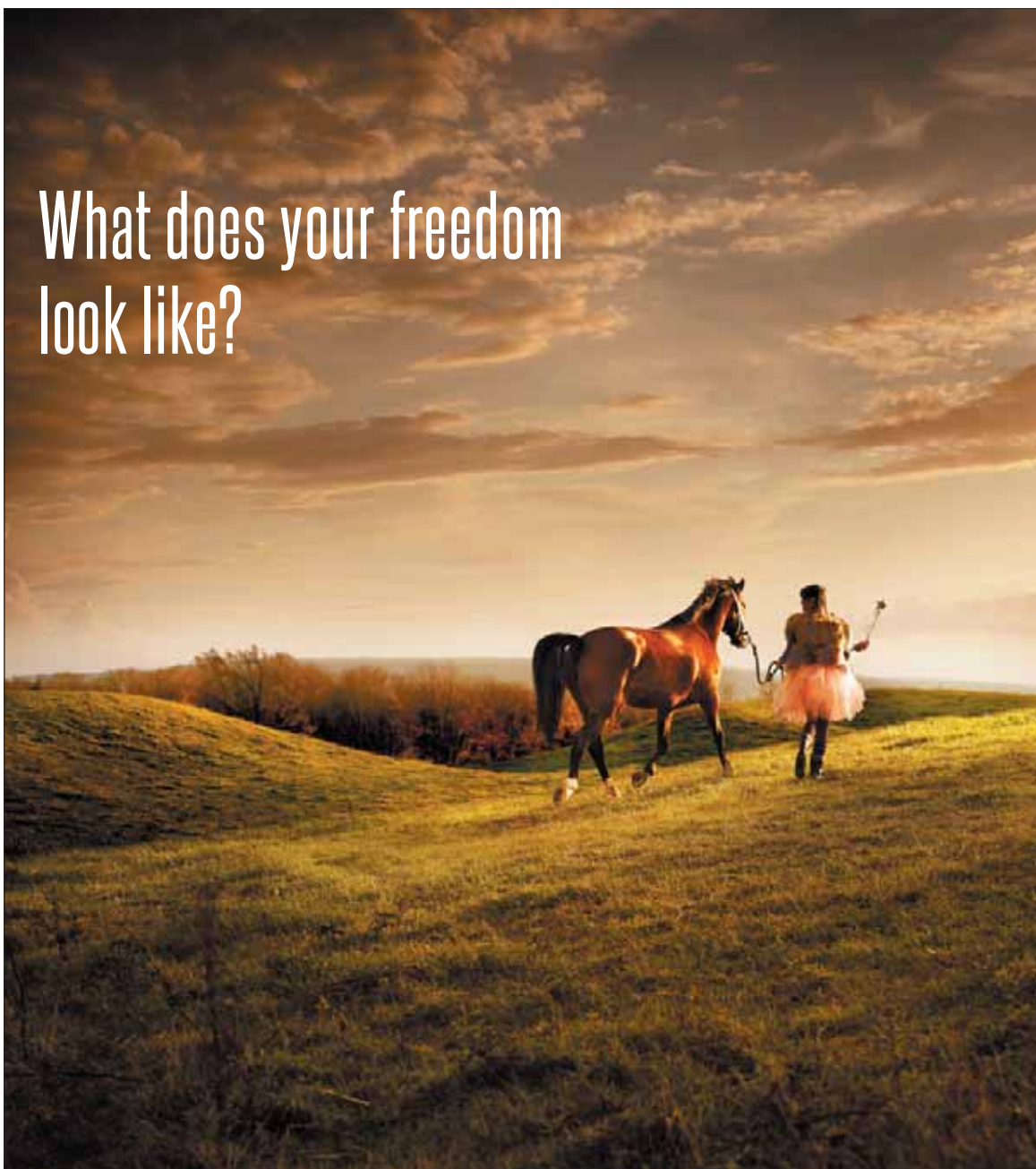
The judge who presided over the trial of Casey Anthony says he believes there was enough evidence to convict the Florida mother who was acquitted almost two years ago of murdering her two-year-old daughter.

Judge Belvin Perry told NBC's Today show on Monday that he believes there was sufficient evidence for a first-degree murder conviction, even though much of it was circumstantial.

The trial attracted worldwide attention.

THE ASSOCIATED PRESS

What does your freedom look like?



You tell us what. We'll show you how.
tellusyourfreedom.ca



Freedom 55
Financial

MOTHER'S DAY IS SUNDAY, MAY 12

TODAY ONLY

TUESDAY, MAY 7

Save 70%
\$299⁹⁹ Regular \$999.99
ZWILLING J.A. HENCKELS
'TruClad' 10-piece stainless
steel cookware set with
bonus (\$200 value)
wok and utensils.
Total value of \$1199⁹⁹

Heavy gauge, tri-ply stainless steel construction for heat conductivity. Ergonomic handles for comfort and control. Compatible with all cook tops. Oven- and broiler-safe to 500°F. Dishwasher safe.

One Day Sales cannot be combined with other offers. Excludes Seniors Day extra 15% off promotion.



Plus,
save 55%
on other cookware sets
and 30% off
open-stock cookware

Bonus
Stainless steel TruClad 13"
wok, turner and
skimmer spoon



One Day Sales cannot be combined with other offers. Excludes Seniors Day extra 15% off promotion. See below for other exclusions.

SHOP IN STORE AND AT THEBAY.COM

HUDSON'S BAY

Sign up at thebay.com and
be the first to know about
our One Day Sales.



CANADA'S DEPARTMENT STORE
Hudson's Bay Gift Cards featuring a historic
illustration by Ronald Searle are available in
any denomination.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offers available while quantities last. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details.
COOKWARE SETS and OPEN STOCK COOKWARE: Exclude All-Clad, WMF and Zwilling J.A. Henckels Nova 10-piece cookware set.

Dubious products

Care for a poutine soft drink?

Jones Soda Co. has debuted a limited-release poutine flavour exclusively for the Canadian market.

In the decade since the Seattle-based company issued a Turkey & Gravy soft drink as a promotional lark, it's become known for wacky flavours — Gingerbread, Green

Bean Casserole, Pear Tree and Candy Cane.

"With a nice balance of rich, savoury gravy over a starchy potato base, and accented with those fatty, cheesy notes you expect in a plate of poutine, we believe we've developed the perfect liquid version of this undisputedly Canadian delicacy," Andrew Baumann, Jones Soda's marketing and social media manager, said in a release. **TORSTAR NEWS SERVICE**

Market Minute



DOLLAR
99.32¢
(+0.09¢)



TSX
12,453.92 (+15.89)



OIL
\$96.16 US (+55¢)



GOLD
\$1,468 US (+\$3.80)

Natural gas: \$4.03 US (-1¢)
Dow Jones: 14,968.89 (-5.07)

App to help vets cope with PTSD

Mental Health Week.

Mobile tool gives users details on symptoms, support, coping skills



Veterans Affairs Minister Steven Blaney shows off a new mobile app in Toronto on Monday for those with PTSD. THE CANADIAN PRESS

The roll-out of a new smartphone app and money for a two-year study should go some distance toward helping Canadian veterans and others cope with post-traumatic stress disorder, the federal government said on Monday.

The initiatives should also help families of vets, Veterans Affairs Minister Steven Blaney said in making the announcement at the start of Mental Health Week.

"Our government recognizes the seriousness of PTSD among veterans and Canadian Armed Forces personnel and its impact on their families," Blaney said. "These important initiatives ... will assist us in addressing the mental-health needs of those who sacrificed

so much for their country."

Dubbed PTSD Coach Canada, the app — available through the iTunes store and Android Market — gives users information on PTSD, self-assessment for symptoms, information about professional health care and where to find support.

It also includes tools ranging from relaxation skills and positive self-talk to anger management that can help users manage symptoms and the stresses of daily life. **THE CANADIAN PRESS**



RBC Royal Bank

Some low rate mortgages come with nothing on the side.



Enjoy a full course of options with our 2.99% fixed rate mortgage.

What's important to you?

RBC* 2.99% 4-Year Fixed Rate¹ Mortgage

Some Low Rate Mortgages

Skip a payment availability
Ability to pay off prior to maturity without having to sell your home
Up to 120 day rate guarantee¹
Can be combined with a home equity credit line at Prime + 1/2%³



AND — we'll even cover your switching costs²

Speak with an RBC Royal Bank* mortgage specialist today. 1-866-864-0420

Advice you can bank on™

¹ This rate is a special discounted rate below our posted rate and is only available on mortgage applications that fund within 120 days of the start of the application. Terms and conditions apply. Not available on construction draw mortgages. This rate offer may be changed, withdrawn or extended at any time, without notice. Not available in combination with any other offer or rate discount. Other terms and conditions apply. The Annual Percentage Rate (APR) is based on a \$200,000 mortgage and a mortgage processing fee of \$250.

Fee may vary depending upon type of property and location. APR is **3.03%**. ² We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$100,000. ³ The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. These rates can be changed, withdrawn or extended at any time without notice. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men still will need a prescription to buy the pill on viagra.com, but they no longer have to face a pharmacist to get it filled. The strategy aims to tackle a problem plaguing the industry: Unscrupulous online pharmacies increasingly offer patients counterfeit versions of Viagra and other brand-name drugs for up to 95 per cent off with no prescription needed. The plan to sell directly to consumers will not extend to Canada, a spokesperson for Pfizer Canada said on Monday. **WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRESS**

DON'T ASK ME TO PAY FOR YOUR WEDDING

Stag and doe, wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting



SHE SAYS
Jessica Napier
metronews.ca

together for some good old-fashioned fun to help out friends, especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowd-funding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centrepieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it

Customary maybe, but is it right?

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.

to be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable. You don't turn to friends and family and ask them to bankroll your big day.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Brood II: 17 years in the making



Billions to emerge from earth — but don't worry!

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,'" entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says. THE ASSOCIATED PRESS

Click bait



HANNAH ZITNER
hannah.zitner@metronews.ca

With marathon season in full swing, runners are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.

Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bimonthly Twitter chat. Though the site covers the usual topics, from

ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome, too) sharing tips, routes and workouts. Don't want to join the club? You can still read refreshing run reports from featured "Daily Milers of the Week." (dailymile.com)

Tweets

@metropicks asked: Montreal held its first-ever gathering of redheads, which attracted hundreds of participants. Who should be the community's ambassador?

@Kyle_Lesponts:
#youppi #habssuck

@FrenchmanCanada:
@shaunmajumder I'm sure he secretly is a redhead.

@lyinatnight:
anne of green gables

@ruggles79:
Carrot Top. Nuff said...

@matty7films:
Rita MacNeil (RIP) should be honoured for her voice and her natural red hair which she took with her to mermaid-land.

@kingperry
Conan O'Brien suits this role nicely.

@marcusarab:
Eric Cartman, obviously

Follow @metropicks and take part in our daily poll.



WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

DVD reviews



Jack Reacher

Director. Christopher McQuarrie

Stars. Tom Cruise, Rosamund Pike, Richard Jenkins

●●●●●

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a "justice" not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man's 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn't.

Upstream Color

Director. Shane Carruth

Stars. Amy Seimetz, Shane Carruth, Andrew Sensenig

●●●●●

Like his Sundance-winning 2004 debut *Primer*, Shane Carruth's new film has elements of sci-fi but intentions far beyond it. Amy Seimetz and Carruth play victims of a bioterror plot that leaves them near death, utterly confused and their bank accounts drained. There's more, much more. There's emphasis on Thoreau's book *Walden* and Civil Disobedience that hints at the film's man/nature life cycle, and also recurring symbols (worms, pigs, orchids, circles and colours) that will fascinate book scholars and semioticians.

PETER HOWELL

Robert DeLong just has that 'X' factor

Revenge of the nerd. Don't call Electronic Dance Music's new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT
Metro World News

Dubbed the "thinking man's Guetta," Robert DeLong's rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there's the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It's like being invited to the weird kid's house who's already started experimenting with home-made bongos — disconcerting but alluring. This is Robert's den, a paradise for techy junkies. If you're wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious fingering for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album *Just Movement* is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

Talk me through your look — it's pretty chilled out — what's the thinking? And what's with the face paint?

I've had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

Anything more symbolic? I wish there were.

Would I be right in saying that you keep your look pared-down to keep your set just about the music?

I suppose in a way. I like having a uniform essentially. It's pretty simple but also memorable.

Are you starting to get a cult following of fans in your Tees with painted faces?

Yeah, it's picking up. It's cool; it's crazy.

You've said before that



Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

you're a "nerd." Does that mean you enjoy your own company?

I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

You've also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?

I was but not super though. My parents would never let me have a console — which was great, to be honest.

You were more into the techy side of computers?

I used to write text adven-

ture programs: "You come to a tree, do you want to go left or right." They were terrible; they barely worked.

What did your friends think of that?

Friends, right? No, I did (have friends). Most of my friends were kind of computer nerds, so it kind of worked out.

Nerds have notoriously terrible dating experiences. Have you got any stories?

My favourite was eight or nine years ago. I took this girl on a date and at the end of the night there's that moment where you're, "What do I do?" Do you hug them, do you give them a kiss or is it going to go on? So I saluted her and walked away

(laughs hysterically).

Bizarre! Were you better with books — science, for instance?

Science was always my favourite subject and then obviously music. I loved school. I still spend a lot of time watching TED talks and reading tech and science articles — I'm into that stuff.

Your vocals in Global Concepts mention "substances, I abused." What did you get up to?

(Laughs) Um, yeah.

Were you a bit of a stoner?

Still a stoner but shush. I live in Los Angeles so everything is OK.

MTV has labelled you one of their "Artists To Watch." Any fans taken the watching part to a creepy level?

Yeah, I've had the strange experience here and there after a show with the weird person following me around.

Have they tried to steal any of your stuff or lunged?

Oooh, the only thing that people steal are my drumsticks but I do throw them at the end at the cymbal and it'll bounce off and hit somebody in the face.

And has that MTV title added any pressure?

I think it's great. You have to go through MTV to get to the masses, so I think it's cool that they acknowledge that I exist.

Are you happy to embrace the masses?

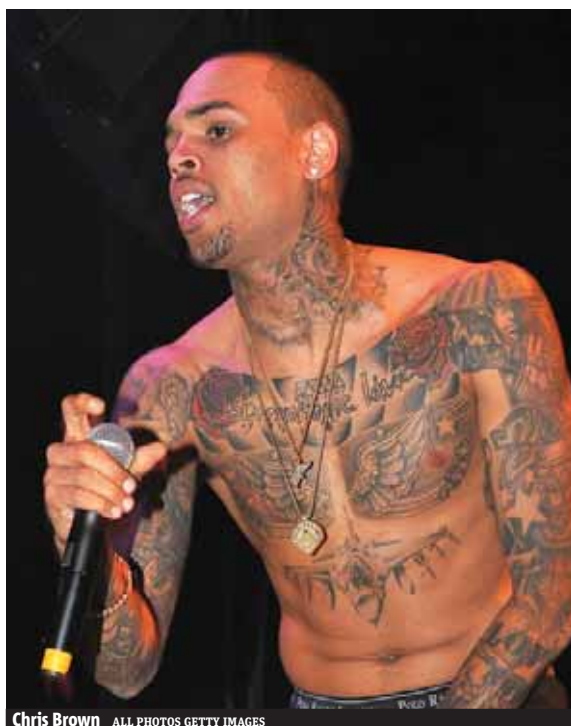
You know, I'll take what I can get I guess.

Is that the same with girls?

No, no, I've had a girlfriend for the last four years.

You've been described as both "the anti-Guetta" and the "thinking man's Guetta." Your sound is more intellectual but do you want a slice of his fame?

I wouldn't say that I'm the anti-Guetta. Money's important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I'm playing to bigger audiences and more people are hearing my music and I love that.



Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown says he's not ready to be "wife-ing" Rihanna

Here is Chris Brown's explanation on breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the

24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? And that is considered a bad thing? What is called "husband-ing"? Forgetting to take out the garbage?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Mister Cee

One of Hot 97's most popular DJs — Mister Cee — is having a rough few days.

On Thursday night, the DJ, who also produced the Notorious B.I.G.'s Ready to Die, was arrested after he propositioned a male prostitute in Brooklyn. Unluckily for Cee, that prostitute was actually an undercover cop.

But now Cee is saying

that the press (and the cops) have it all wrong — dude was really a lady.

"I am not gay," Mister Cee told Hot 97 program director Ebro Darden on Monday morning's show.

"They tried to turn it around and say the female officer was a male officer. It was a sting operation," he says.

The Word

Rage against the dying of the light — or just pick Bieber



THE WORD
Dorothy Robinson
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

"You can't get any bigger than Justin Bieber. The executives are calling it their dream team because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?



Big Ang THE MOHEGAN SUN

Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star, Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour where fans

got to take part in a Q&A with the star and get her autograph.

I love Big Ang but I'm pretty sure when dermatologists have nightmares, this photo is what they see.



Twitter



@PerezHilton

Frozen yogurt is like crack, but at least it won't land you in rehab or jail! Eat it up! #Perezism



@RainnWilson

I wanna be the CEO of something. Can you make me the CEO of something? Like a company or something?



@NICKIMINAJ

I never understand how people cold spray just a few squirts. I spray at least 50 every time. LMFAO. It just makes me so happy.



@ddlovato

Almost didn't make it through airport security!! I look SO different from my driver's license!! Hahaha #blondehairdontcare



@TheEllenShow

Congratulations, Keira Knightley, on your wedding! May you celebrate your love daily, and Knightley.

Zorro Manx Mix

WANTED: Masked-bandit guilty of stealing hearts at the shelter. That's our dashing outlaw, Zorro. At 5 years old and no tail, Zorro is perfectly healthy and takes interest in visitors. He is hoping to find a forever home where he will be loved and treated like a cherished family member. We suspect he would adjust well to any kind of environment, including ones with children, provided they understand he will need time to settle in and feel confident. Drop by the shelter to meet this lovable masked hero; he will steal your heart before you know what's happening. Don't say we didn't warn you...



For more information on Zorro and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

BROUGHT TO YOU BY:



5686 Spring Garden Rd. 490-9900
278 Lacewood Dr. 431-8665
96 Tacoma Dr. 435-9748
75 Peakview Way 835-3224
961 Bedford Hwy. 406-4470
752 Sackville Dr. 869-9050
Fall River 860-1772



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Gwyneth Paltrow, your new celebrity chef

Food. The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, *It's All Good*, may be overwhelming, but the recipes are irresistible

ROMINA
MCGUINNESS
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook *It's all Good* — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

And have you seen Iron Man 3?

She looks amazing, even when the girl is literally on fire.



Looking good and feeling good. HANDOUT

Afternoon snack: A handful of raw almonds



From the foreword



Does this actually work?

DR. HABIB
SADEGHI
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for *It's All Good*, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?

"No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. ... Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hyper-nutrition, supplementation and digestive rest. It's medicinal."

Top 5

Dr. Sadeghi's top 4 foods for optimum health

1 Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

2 Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

3 Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

4 Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins."



Is your snoring dangerous?

Loud snoring can be a sign of **Obstructive Sleep Apnea**, a disorder that causes a person to stop breathing hundreds of times a night. Left untreated, sleep apnea puts you at risk for heart disease, high blood pressure and more.

The Snore Shop offers testing in the privacy of your home and no referral from your doctor is needed. Their licensed clinicians are there to find the treatment that works for you.

 **Book a Complimentary Test Today. Contact us for details.**

Dartmouth: 435-0298

Clayton Park: 422-1957

Sackville: 252-5500



The ultimate crowd-pleaser, lasagna is always the answer

MAIJA MOMENTS
YummyMummyClub.ca

Lasagna is a staple recipe in any kitchen. Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.
2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.
3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles



You can "healthy up" your lasagna by using extra-lean ground beef, whole wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

to bottom of pan. Cut to fit but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.

4. Repeat two more times. Top with final layer of noodles.
5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.

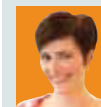
Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

6. Cover with foil and bake in a 350 F oven for 1 hour, removing foil for last 7-10 minutes.
 7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.
- YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Health Solutions

Get a little okra into your life



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to the Canadian Produce Marketing Association, the top 10 vegetables sold in Canada are:

1. Tomatoes
2. Potatoes
3. Peppers
4. Bagged salad
5. Carrots
6. Onions
7. Mushrooms
8. Cucumbers
9. Lettuce
10. Broad leaf (such as broccoli and cabbage)

Wow, are we ever mundane. With the exception of peppers, this list is somewhat innocuous in terms of flavour and nutrient value — the sort of ho-hum veggies one would expect from the bland diet

of people who came here in the 1700s.

Luckily, Canada is also a land of immigration that brings imaginative flavours with it. The up-and-coming vegetables are far more interesting. They are:

1. Artichokes
2. Okra
3. Kale
4. Ginger root
5. Yams

The list is a whole range of flavours that brings to mind a more colourful, healthful plate. Take okra, for example: It is a mucilaginous (gooey), high-fibre food used in Mediterranean, Asian and Indian cooking. You can't beat its folate, calcium and potassium content, and it has the ability to absorb the most potent of flavours.

All hail okra!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Tonight's the perfect night for gnocchi



20-Minute Gnocchi With Italian Sausage Sauce. KAREN HUMPHREY/YUMMYMUMMYCLUB.CA

KAREN HUMPHREY
YummyMummyClub.ca

1. Put a large pot of water over medium-high heat to boil.
2. In a large, deep fry pan, sauté sausage over medium heat, breaking it up and stirring until no longer pink. Push to the edge of the pan and drain off all but a few tablespoons of fat, then stir

in the onion and red pepper. Cook until they're softened. Add the garlic and cook, stirring, until fragrant, and then add mushrooms, cooking just long enough to soften them up a bit.

3. Pour in the bottle of passata and turn the heat down. Stir and heat through. Stir in the oregano, basil, pepper flakes, salt and pepper, balsamic vinegar and honey. Let the sauce cook while you

move on to the gnocchi.

4. When the water in the large pot you had going boils, dump in the gnocchi and let them cook until they float to the top. When they do, remove them from the water with a slotted spoon and divide among some bowls. Spoon the Italian sausage sauce over top and top with freshly grated Parmesan cheese.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 2 mild Italian sausages, pushed out of their casings
- 1 small onion, chopped
- 1 sweet red pepper, chopped
- 2 garlic cloves
- 6-8 mushrooms
- 1 700 g bottle of passata
- 1 tsp oregano
- 1 tsp basil
- pinch of hot pepper flakes
- fresh cracked pepper and salt, to taste
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- 1 500 g package of gnocchi
- freshly grated Parmesan cheese

HAVE FUN & STAY ACTIVE at a DaLHOUSIE SUMMER CAMP!

- Over 75 camps to choose from!
- Options for ages 4-17
- Daily swim & lunch included for most camps
- Free early drop-off and late pick-up available

REGISTER ONLINE OR CALL DALPLEX TODAY!

WWW.DaL.ca/caMPS • 494-3372

DALPLEX



The Spark: Defying the experts on autism

Nurturing Genius.

Book details how a mother took son out of special education to work with him herself

RITA
POLIAKOV
rita.poliakov@metronews.ca

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of *The Spark: A Mother's Story of Nurturing Genius* (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate to se-



Kristine Barnett with son Jacob. DREW ENDICOTT

vere autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month-old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob

out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett

was able to teach her son to do the things he couldn't, like have a conversation.

It was this philosophy that encouraged Barnett to write *The Spark*.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the per-

mission to follow their child's instincts," she said.

Writing *The Spark* wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a

Learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote *The Autistic Brain: Thinking Across the Spectrum*, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit thomasallen.ca and search for the title.

school bus.

Jacob was supportive through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.

Playing for all the marbles — or not

HARBOUR VISTA
APARTMENTS

NEW BUILDING

One and Two Bedroom Apartments from \$900/Month.
Includes infloor heating, h/w, balcony, 6 appliances.

Occupancy NOW to September 1st. ONE MONTH FREE RENT

5 corners near downtown. Model suite. Harbourvista Apts.

222 Portland St
809-2221
www.harbourvista.ca



YOUR
MONEY
Allison Griffiths
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up \$10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another \$10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the \$10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of \$10 and risk no further loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesschol-

arship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

I was a little surprised by the last one, mainly because I see myself as a devoted saver. Despite my job, I'm obviously a little more of a spender than I should be.

The quiz is part of the Brandes Scholarship Program, which provides 10 \$1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Can-



Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

adians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars.

As a judge of similar con-

tests I can say that humour gets bonus points. The deadline is July 2.

Contact Allison at griffiths.alison@gmail.com or alisongriffiths.ca



101.3 THE BOUNCE

15 minutes of fame!

Call 420-1013 weeknights to co-host the Interactive NINE@9 with Ruby!

Discovered this week:

- ★ Emma from Bedford
- ★ Hannah from Bedford
- ★ Jayden from Conrad Settlement
- ★ Amber from Conrad Settlement

Interactive NINE@9

1013TheBOUNCE.com | Info@1013thebounce.com

POSITIVELY SHIFTING PERCEPTIONS

ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced



DIGITAL VISION/THINKSTOCK

by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and

other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit mentalhealthweek.ca.

— Jane Doucet

CMHA IS YOUR SOURCE FOR SERVICES

Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and

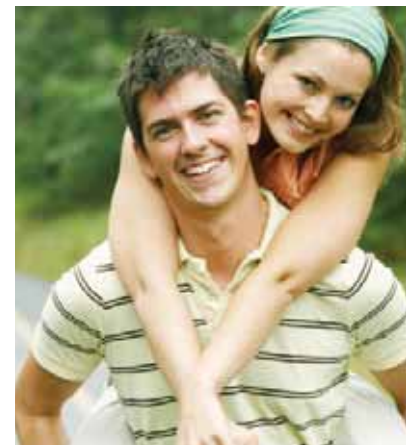
community integration, build resilience and support their recovery from mental illness. At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources

and the practical strategies and advice required for people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths.

To learn more about the Canadian Mental Health Association, visit cmha.ca.



JUPITERIMAGES/CREATAS/THINKSTOCK

Why is your mental health so important?

Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being.

CMHA's 62nd ANNUAL MENTAL HEALTH WEEK 2013

It's Mental Health Week!

May 6-12, 2013

It's time to learn, talk, reflect and engage with others about mental health.

For more information on how to maintain your mental health, to find Mental Health Week events in your community or to donate to CMHA, go to mentalhealthweek.ca.

Mental health tips
What you can do for your mental health:

Enjoy life.

Eat well and keep active.

Talk about it.

Be kind to yourself. Take time to relax.

Ask for help — when you need it.

Practice positive self-talk.



Canadian Mental Health Association
Mental health for all

Association canadienne pour la santé mentale
La santé mentale pour tous

facebook.com/CANMentalHealth
twitter.com/CMHA_NTL



NOT YOURSELF TODAY? ADVICE IS AVAILABLE

Perhaps you couldn't sleep last night because you were worrying about the upcoming workday. When it was time to get up, maybe you decided you couldn't face your boss or co-workers, so you called in sick.

You aren't alone. Every day, 500,000 Canadians miss work due to mental health issues. The good news is that help is at hand.

A national organization called Partners for Mental Health is collaborating with the Canadian Mental Health Association (CMHA) on a workplace mental health campaign called Not Myself Today, which launches on May 9.

Interested employers will receive an easy-to-use campaign toolkit with everything they will need to organize a workplace event, including resources, posters and details about how to make it happen.

To help promote mental health, employers are also being encouraged to get their staff to take part in Not Myself Day @ Work on June 6, which wraps up the

HOW CAN YOU HELP?

Employers and co-workers can help create a mentally healthy workplace in these ways:

- Listen, engage in discussion and be supportive.
- Pay attention to your own mental health and well-being.
- Support a colleague who is living with a mental health condition or illness.
- Engage your work peers to challenge the negative stereotypes and attitudes that exist around mental illness.

month-long campaign.

The benefits of these efforts to companies' bottom lines can be astounding — some estimates are that up to 25 per cent of the costs of mental health issues to employers can be avoided.

This is an opportunity to be known as



BRAND X PICTURES/THINKSTOCK

a forward-thinking organization that supports mentally healthy workplaces, not to mention reaping the longer-term rewards of improved employee well-being, productivity and lower disability claims.

One of the goals of the campaign is to raise funds to support CMHA workplace mental health initiatives, including its Mental Health Works program and annual Bottom Line Conference.

"We want employers to step up and help us reach as many Canadians as possible," says Peter Coleridge, the national CEO of the CMHA. "You'll be investing in improved mental health in your workplaces, which positively impacts overall employee health and productivity."

For more about mental health in the workplace, visit notmyselftoday.ca/home.

— Jane Doucet

MAKE A POSITIVE DIFFERENCE WITH A HUG

While one in five individuals live with a mental health disorder, mental illness impacts everyone. The mission of the Mental Health Foundation is to make a difference in the lives of Nova Scotians by supporting mental health initiatives in our communities.

With a focus on raising money in the community, for the community, the Mental Health Foundation seeks to engage em-

ployers and individuals to band together to become "Mental Health Heroes." With the power of participation, a small gift can make transformational change allowing small organizations to focus on doing good work, and streamlines public donations towards programs that fill the gaps in the mental health care of Nova Scotians across the province.

As the face of mental illness begins to

emerge, many are surprised to learn that members of our family, friends or work colleagues have been suffering in silence. People living with mental health disorders often say the stigma they encounter is worse than the illness itself.

A \$5 "Hug" donation (via text, online, phone, or mail) is a simple, easy, direct contribution that is as powerful, personal and significant as a real hug. When

combined as a collective force of caring communities, Hugs for Mental Health can help change lives, save lives and support a network of exceptional community-based organizations across Nova Scotia. If \$5 was donated for every individual living with a mental illness in Nova Scotia, \$1 million could be raised and reinvested in communities across the province.

For more, see mentalhealthns.ca.



A LITTLE HUG GOES A LONG WAY

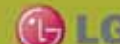
Text HUGS to 45678
to DONATE \$5 to the

Mental Health
Foundation
of Nova Scotia

mentalhealthns.ca

Proudly
SUPPORTED by

advantage
Solutions



Mental Health
Foundation
of Nova Scotia

CFL

Six Huskies taken in draft

Monday was a big day for the Saint Mary's Huskies football program.

The Canadian Football League draft was held and six players from the Huskies were selected.

"I'm not surprised by any of them getting drafted but I am surprised that all of them got drafted," Huskies coach Perry Marchese said on Monday from Hamilton, Ont., where he went on a recruiting visit.

"They all worked so hard to get this shot."

The top pick from Saint Mary's was four-year wide receiver Carl Fitzgerald, who was taken in the third round, 20th overall, by the Winnipeg Blue Bombers.

Fitzgerald finished 10th in receiving for the AUS last season, recording 184 yards and one touchdown.

Also taken in the third round, 24th overall, was fourth-year linebacker Kyle Norris by the Edmonton Eskimos. Norris finished the season with 37 tackles, three sacks and one interception.

In the sixth round, two more players were chosen: Offensive lineman Matthew Albright of Dartmouth was taken by the B.C. Lions, and defensive back Neil King was selected by the Hamilton Tiger-Cats.

In the seventh and final round, kicker Brett Lauther was taken by Hamilton and wide receiver Damone Blackman was chosen by the Montreal Alouettes.

Saint Mary's was the only team in the Atlantic University Sport football conference to have a player selected in the draft.

"Typically, the kids that go on are the kids that work the hardest. This is a special group of kids that are really driven," Marchese said.

PHILIP CROUCHER/METRO



Carl Fitzgerald SAINT MARY'S



Baie-Comeau Drakkar's Maxim Lamarche hauls down Halifax Mooseheads forward Nathan MacKinnon at the Metro Centre. JEFF HARPER/METRO

Officiating angers Mooseheads GM

QMJHL final. Cam Russell says lack of calls means his players have been forced to deal with matters themselves



ANDREW RANKIN

andrew.rankin@metronews.ca

Cam Russell isn't happy with the officiating so far in the QMJHL final.

As happy as the Halifax Mooseheads general manager was to see his squad beat Baie-Comeau 4-3 on Saturday to take a 2-0 series lead, he was also upset after witness-

ing what he judged to be several Drakkar penalties go uncalled.

"I think there has been excessive cross-checking that hasn't been called. Nathan MacKinnon was cross-checked four times and nothing happened, so Stefan Fournier had to go in and protect his teammate," Russell said on Monday.

The series has become increasingly nasty. Besides Fournier's fight against Gabriel Verpaelt in the third period, Mooseheads forward Stephen MacAulay also dropped the gloves with Alec Jon Banville after the Drakkar forward ran over Darcy Ashley.

Quoted



"Everybody knows it's going to be physical, and that's fine as long as it's legal, as long as it's fair."

Mooseheads general manager Cam Russell

The intensity is sure to heighten with the series shifting to Baie-Comeau for Games 3 and 4 on Tuesday and Wednesday at the Henry Leonard Centre.

Russell — a former NHL

defenceman and tough guy — says he has no problem with physical hockey as long as it's played above board.

"I played the game for a living and played a very physical brand of hockey. I respect that," he said. "I just want to make sure the games are played within the rules, and if so, I've got no problem with it."

Regardless, Russell says his players will be ready to play to go for Game 3 in Baie-Comeau.

"We have a really special group of kids here. The focus has been there all season. Their focus has been present every game, every shift, every period."

Ducharme not worried about late-game goals

If Dominique Ducharme was rattled by Baie-Comeau's two late goals on Saturday night, he certainly didn't let on afterwards.

Luckily for the Halifax Mooseheads bench boss, the goals were produced inside the final 1:30 of regulation

time, including the second one with just three seconds to go.

Ducharme points out that up until that moment, the Mooseheads dominated the game. "We did a great job 5-on-5," Ducharme told reporters after Game 2. "We did

a great job on the PK; we had some big goals on the power play. We'll take that and we want to improve. We want to be better."

Ducharme dismissed the possibility that those goals might have created momentum for the Drakkar as the

best-of-seven series shifts to Baie-Comeau for Games 3 and 4 on Tuesday and Wednesday.

"We don't play 6-on-5 all the time right," referring to both goals being scored with Baie-Comeau's goalie pulled.

ANDREW RANKIN/METRO

NEED MONEY?

✓ No credit checks
✓ Fast approvals

Call 1 866 499-5629

And get cash now!!

www.mynextpay.ca

4-SPORTS



Adam McQuaid of the Boston Bruins beats Maple Leafs goalie James Reimer on Monday night in Toronto. The Bruins won Game 3 convincingly to take a 2-1 lead in the first-round series. CLAUD ANDERSEN/GETTY IMAGES

Bruins bring Leafs back down to Earth

NHL playoffs.

Boston bounces back in Toronto, disappointing fans inside and outside the Air Canada Centre

The Leafs upped their shots and hits in Game 3 against the Boston Bruins. But their mistakes also went up.

That proved to be the difference Monday night as Boston took advantage to defeat Toronto 5-2 and regain the upper hand in their NHL playoff series.

"They made less mistakes than we did and their execution level was above ours," Toronto coach Randy Carlyle said in assessing the night.

"Mistakes just killed us tonight," echoed smooth-skating defenceman Jake Gardiner, who scored his first-ever playoff goal.

The loss came before 19,746 amped-up fans inside the Air

Game 3

5

Bruins

2

Maple Leafs

Bruising Bruins

17

The line of Milan Lucic, David Krejci and Nathan Horton finished Monday night with two goals and six assists. They have a combined 17 points through Game 3.

Canada Centre. Outside, a blue-and-white throng watched the game on a big screen in Maple Leaf Square as playoff hockey returned to Toronto for the first time since 2004.

"The crowd was awesome," said Leafs forward James van Riemsdyk. "One of the loudest I think I've played in front of in the NHL."

Game 4 goes Wednesday in Toronto, with the Leafs trailing 2-1 in the series.

Adam McQuaid, Rich Peverley, Nathan Horton, Daniel Paille and David Krejci — with an empty-net goal with 1:17 remaining — scored for Boston, a playoff-savvy squad which

came out with an edge.

Two goals in some two minutes in the second period buried the Leafs just 50 seconds after Gardiner's goal had cut the Boston lead to 2-1. Horton and Paille, shorthanded, suddenly made it 4-1 and Toronto was facing a mountain of a comeback.

Future Hall of Famer Jaromir Jagr also showed off his skills, setting up a goal and controlling the puck as if it was glued to his stick.

Phil Kessel accounted for the other Toronto goal in a physical game that saw Boston outpace the Leafs 51-48.

THE CANADIAN PRESS

NHL playoffs

Rangers avoid 3-0 series hole in Manhattan

Derek Stepan and Aron Asham both scored tiebreaking goals in the third period for the New York Rangers in a 4-3 victory over the Washington Capitals in Game 3 on Monday night.

The Rangers finally found their offence and got back into their first-round playoff series. New York still trails 2-1 in the series. THE ASSOCIATED PRESS

NHL playoffs

Red Wings even series with OT win

Damien Brunner scored with 4:50 left in overtime, lifting Detroit to a 3-2 series-evening win over the Anaheim Ducks on Monday night. Game 5 is Wednesday night in Anaheim and Game 6 is back in the Motor City on Friday night.

THE ASSOCIATED PRESS

MLB

J.P. caps Blue Jays' monster rally

J.P. Arencibia hit a two-out, two-run homer in the ninth inning off Fernando Rodney and the Toronto Blue Jays completed their comeback from a seven-run deficit, beating the Tampa Bay Rays 8-7 on Monday night.

Evan Longoria hit his third career grand slam, helping Tampa Bay build a 7-0 lead that Jeremy Hellickson and four Rays relievers failed to protect before a season-low crowd of 9,952 at Tropicana Field.

Colby Rasmus and Mark DeRosa also hit two-run homers for Toronto.

THE ASSOCIATED PRESS



Blue Jays outfielders Rajai Davis, from left, Jose Bautista and Colby Rasmus celebrate Monday's win in St. Petersburg, Fla. GETTY IMAGES

NBA playoffs. Bulls turn down Heat late to draw first blood in series

Nate Robinson scored 27 points, Jimmy Butler added 21 points and 14 rebounds while playing every second for the third straight game, and the Chicago Bulls stunned the Miami Heat 93-86 on Monday night to take Game 1 of their Eastern Conference semifinal series.

Trailing 86-83 with two minutes left, the Bulls scored the final 10 points of the game to beat the Heat once again.

Joakim Noah added 13 points, Taj Gibson had 12 and Marco Belinelli added 10 for Chicago, which snapped a 27-game Miami winning streak during the regular season, and handed the Heat their first loss in their last 13 games in this one.

LeBron James scored 24 points for Miami, which also got 14 from Dwyane Wade.

Game 2 is Wednesday night in Miami.

The Bulls were without Derrick Rose, as they've been all season. Kirk Hinrich was out again with a calf injury. Luol Deng isn't even expected to rejoin the team until Tuesday, after dealing with an illness apparently so severe that a spinal tap — and other tests



The Bulls' Carlos Boozer throws down a dunk Monday night. LYNN SLEDKY/THE ASSOCIATED PRESS

since — were needed to rule out things like meningitis.

And the group that was left gave the reigning NBA champions more than they could handle.

Coming off a Game 7 road win in Brooklyn two nights earlier just to get into a series with Miami, the Bulls just kept grinding. When Ray Allen made a 3-pointer to give Miami an 80-78 lead, Butler came back with one of his own to put the Bulls back on top. THE ASSOCIATED PRESS

NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh leads 2-1)

Sunday's result

Pittsburgh 5 N.Y. Islanders 4 (OT)

Tuesday's game

Pittsburgh at N.Y. Islanders, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)

(Ottawa leads 2-1)

Sunday's result

Ottawa 6 Montreal 1

Tuesday's game

Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)

(Washington leads 2-1)

Monday's result

N.Y. Rangers 4 Washington 3

Wednesday's game

Washington at N.Y. Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)

(Boston leads 2-1)

Monday's result

Boston 5 Toronto 2

Wednesday's game

Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

(Chicago leads 2-1)

Sunday's result

Minnesota 3 Chicago 2 (OT)

Tuesday's game

Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)

(Series tied 2-2)

Monday's result

Detroit 3 Anaheim 2 (OT)

Wednesday's game

Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)

(San Jose leads 3-0)

Sunday's result

San Jose 5 Vancouver 2

Tuesday's game

Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)

(St. Louis leads 2-1)

Monday's result

St. Louis at Los Angeles

Wednesday's game

Los Angeles at St. Louis, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	21	11	.656	—
New York	18	12	.600	2
Baltimore	19	13	.594	2
Tampa Bay	14	17	.452	6½
Toronto	12	21	.364	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	11	.607	1
Cleveland	15	14	.517	3½
Minnesota	13	15	.464	5
Chicago	13	17	.433	6

WEST DIVISION

	W	L	Pct	GB
Texas	20	12	.625	—
Oakland	18	15	.545	2½
Seattle	15	18	.455	5½
Los Angeles	11	20	.355	8½
Houston	8	24	.250	12

Monday's results

Toronto 8 Tampa Bay 7

Chicago White Sox 2 Kansas City 1 (11 inn.)

Cleveland 7 Oakland 3

Boston 6 Minnesota 5 (11 inn.)

Tuesday's games

All times Eastern

Kansas City (Santana 3-1) at Baltimore

(Chen 2-3), 7:05 p.m.

Oakland (Milone 3-3) at Cleveland (McAllister 2-3), 7:05 p.m.

Minnesota (Diamond 2-2) at Boston

(Dempster 2-2), 7:10 p.m.

Toronto (Happ 2-2) at Tampa Bay (Hernandez 1-4), 7:10 p.m.

L.A. Angels (Wilson 3-0) at Houston

(Lyles 0-0), 8:10 p.m.

NATIONAL LEAGUE

Monday's results

Atlanta 7 Cincinnati 4

Chicago Cubs 9 Texas 2

Miami at San Diego

Arizona at L.A. Dodgers

Philadelphia at San Francisco

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)

(Chicago leads 1-0)

Monday's result

Chicago 93 Miami 86

Wednesday's game

Chicago at Miami, 7 p.m.

Friday's game

Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)

(Indiana leads 1-0)

Sunday's result

Indiana 102 New York 95

Tuesday's game

Indiana at New York, 7 p.m.

Saturday's game

New York at Indiana, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V. MEMPHIS (5)

(Oklahoma City leads 1-0)

Sunday's result

Oklahoma City 93 Memphis 91

Tuesday's game

Memphis at Oklahoma City, 9:30 p.m.

Saturday's game

Oklahoma City at Memphis, 5 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)

(Series tied 0-0)

Monday's result

Golden State at San Antonio

Wednesday's game

Golden State at San Antonio, 9:30 p.m.

Friday's game

San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Sunday's results

Kansas City 4 Chivas USA 0

Houston 1 Los Angeles 0

Wednesday's games

All times Eastern

Houston at D.C., 7 p.m.

Montreal at New York, 7:30 p.m.

Salt Lake at New England, 8 p.m.

Seattle at Kansas City, 8:30 p.m.

Portland at Dallas, 9 p.m.

Toronto at San Jose, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

Taurus

April 21 - May 21

The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

Gemini

May 22 - June 21

Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

Cancer

June 22 - July 23

If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

Leo

July 24 - Aug. 23

You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

Virgo

Aug. 24 - Sept. 23

Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

Libra

Sept. 24 - Oct. 23

Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

Scorpio

Oct. 24 - Nov. 22

Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

Sagittarius

Nov. 23 - Dec. 21

Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

Capricorn

Dec. 22 - Jan. 20

Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

Aquarius

Jan. 21 - Feb. 19

Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

Pisces

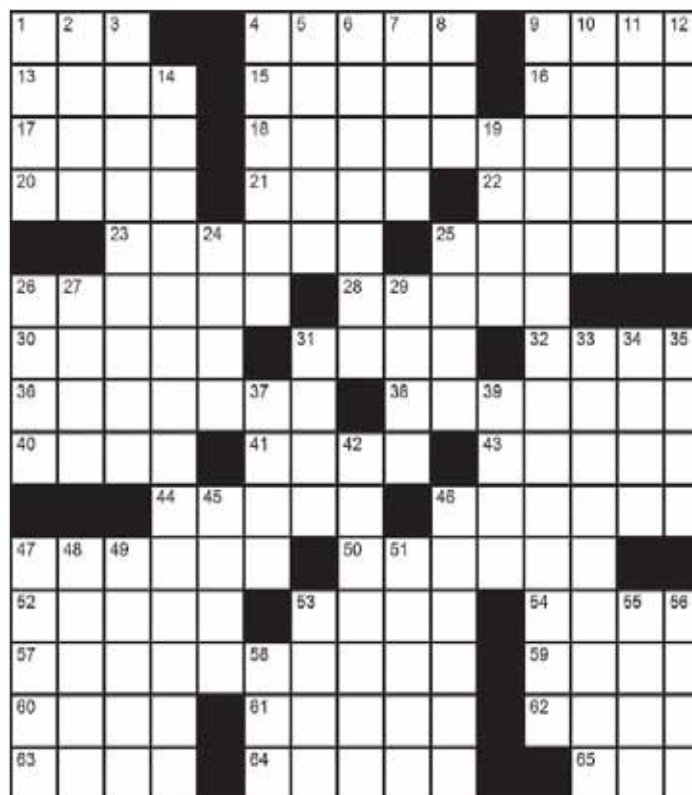
Feb. 20 - March 20

You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Quebec locale, ___Beauport
4. Hell
9. Immense
13. Awestruck
15. "___ be goin' now."
16. Sudbury landmark, ___ Superstack
17. Contented cat's call
18. Hard rock trio from Toronto: 2 wds.
20. Mr. Carvey
21. New newts
22. Ex of celebs George and Rod
23. George Orwell's Nineteen ___Four
25. -)
26. Earth's third biggest island
28. Baseball great Mr. Ryan
30. Cheering-on person
31. ___ Beach, Florida
32. Tranquil
36. An aquarium recreates it: 2 wds.
38. Aficionado
40. Garden ___
41. Golds, in Spain
43. ___ water (Up the proverbial creek): 2 wds.
44. Montreal metro station, Cote-___
46. Nuts
47. "Madonna: Truth ___" (1991)
50. Cyberspace: 2 wds.
52. Gets introduced to
53. Weather without water
54. Carpentry tool
57. British Columbia city
59. Anastasia's dad's job



60. Prince William, for one
61. Be an Alps communicator
62. Eight: Spanish
63. Li'l elevations
64. Farm equipment com-

- pany, John ___
65. Montreal football players, to fans

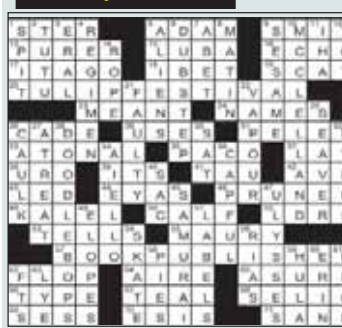
Down

1. Force in California's largest

- city (acronym)
2. Water: Spanish
3. Sitcom set in fictional Dog River, SK: 2 wds.
4. Cab Calloway's signature syllables

5. Toward the stern
6. Chewing gum brand
7. Edmonton's CFL team's website, ___com
8. Pou ___ (Vantage point)
9. James Ehnes' recent Juno-winning album: "Tchaikovsky: ___"
10. Year's historic record
11. CSI part
12. "I Just Called ___ I Love You" by Stevie Wonder: 2 wds.
14. Inglis ___ National Historic Site, in Manitoba
19. Early-'80s hit: "She's a Bad Mama ___"
24. "The Facts of Life" actress Ms. Jewell
25. Blackthorn fruit
26. Shrub
27. Cream-filled cookie
29. Commands, for short
31. Green: French
33. Alberta river
34. Kings of ___ (Rock band)
35. NY baseball team
37. Golfer's warning!
39. Opinion
42. Cycled better than
45. In the past, in verse
46. Hawk
47. D-Day beach
48. "___ Without a Cause" (1955)
49. Money-spent transaction
51. Job seeker's interviewer
53. "...friend or ___?"
55. Montreal-born humourist, Mort ___
56. Amateurs' antonyms [abbrv.]
58. Mr. Barrett of Pink Floyd

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	9	2	4	6	7	5	8	3
7	5	6	8	1	3	9	2	4
4	8	3	0	2	5	6	7	1
6	7	5	2	4	8	3	1	9
9	3	8	1	5	6	2	4	7
2	4	1	7	3	9	8	6	5
8	6	9	3	7	1	4	5	2
5	1	4	6	9	2	7	3	8
3	2	7	5	8	4	1	9	6

			2		6	7		
8		1	9					
7				4		9		
		2		7			4	
6			5	2				1
	3			1	5			
	7		6					4
				9	2			5
	9	6		8				

Today



20°/11°
Partly cloudy

Wednesday



21°/10°
Sunny

Your #1 weather forecast now available in HD.

Check your local listings for details.



©The Weather Network 2013



How do I become a Dentist?

Explore what you want to be and how to get there.

Visit **CareerBear.com** to learn more



CANADIAN TIRE JUMPSTART HELPS KIDS REALIZE THEIR SPORTING DREAMS

What kid doesn't love to swim, dance or play soccer, basketball, baseball or hockey? Not only are those activities fun, but research also shows that physical activity and access to sports for children leads to increased self esteem, strong leadership skills and improved school performance.

The reality is that one in three Canadian families can't

afford to enrol their sons and daughters in sport and recreational programs. That's where Canadian Tire Jumpstart comes in. The national charitable program is making a real difference in the lives of young people from age four to 18, and its annual May Red Ball Campaign contributes to those efforts. The campaign's slogan, "Together we can help all kids play," couldn't be more apt.

In return for a \$2 donation at any Canadian Tire Retail, Sport Chek, Atmosphere, Mark's or Canadian Tire Gas+ store, customers will receive a mini red volleyball or soccer ball throughout May. One hundred per cent of donations go directly to help deserving kids in each store's community participate in organized sport and recreation.

Since Canadian Tire Jumpstart launched in 2005, it has helped more than 570,000 (and counting) kids take

part in 73 different activities. "Our vision is more than getting children involved in sports and recreation—it's to have a country where all kids have a chance to fulfill their dreams," says Johnny Misley, the President of Canadian Tire Jumpstart Charities.



Jumpstart is unique in its ability to work in every community across Canada, with 332 local chapters built on the support from volunteers and caring citizens. These chapters work closely with more than 2,600 community partners to identify families with financial needs whose children would benefit from the programs. Jumpstart Ambassador and Olympic gold medalist Rosie MacLennan explains, "there are so many

benefits to participating in sports, from gaining social skills to building great friendships. All kids should have this opportunity, which is why I believe in the power of Jumpstart."

This year Jumpstart is proud to welcome Sport Chek and Atmosphere stores, to the family. Since these two banners came on board in January, they have raised more than \$550,000 alone. Also, again this year we have support from a partner beyond the enterprise family Pita Pit who will also be offering Jumpstart red balls in exchange for a \$2 donation.

"We're giving children the chance to learn life skills, create lasting friendships and fulfill their dreams," says Misley. "That's the power of sport."

For more information, visit jumpstart.canadiantire.ca or call 1-877-616-6600.

A little red ball can

Donate \$2 today. Visit your local Canadian Tire, Sport Chek or Atmosphere store to receive a Jumpstart red ball.
Visit jumpstart.canadiantire.ca

Together we can help all kids play.

100% of your donation stays in YOUR community



GIVING KIDS A SPORTING CHANCE IN HALIFAX

Swimming isn't just a fun recreational activity for kids, it's also a valuable life-saving skill. Canadian Tire Jumpstart funds the popular I Love to Swim program for kids between the ages of 4 and 12 in the Halifax Regional Municipality.

"This funding has given many newcomer children the opportunity to participate in swimming lessons at the Canada Games Centre," says Lani Poce, the community connections co-ordinator with Immigrant Settlement & Integration Services. "Connecting newcomer families and children to community programs where they can meet other Canadians is essential in the settlement process. We are thankful that Jumpstart is able to contribute in this way."

Canadian Tire Jumpstart has gone



above and beyond with this program. When Canada Games Centre staff learned that some families had

transportation problems getting their kids to the lessons, Canadian Tire Jumpstart began providing transportation support.

"Here at the Canada Games Centre, we see the difference Canadian Tire Jumpstart is making," says General Manager Gary Furlong. "Every smile, kick and swim stroke is proof that our partnership with Canadian Tire Jumpstart makes perfect sense."

Al Cunningham is the Associate Dealer of the Clayton Park Canadian

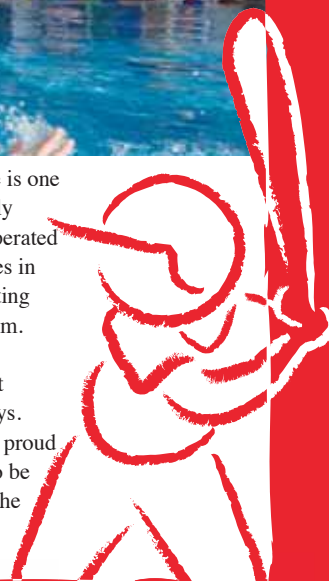
Tire; his store is one of eight locally owned and operated Canadian Tires in HRM supporting I Love to Swim. "It's a great community fit for us," he says. "We're really proud and excited to be involved for the second year."

JUMPSTART DAY EVENTS

Jumpstart Day events Saturday, May 25, is Jumpstart Day. Many Canadian Tire Retail stores across Canada are planning fun activities to help raise money for their local community, such as charity barbeques, GoClean waterless car washes, balloon pops and other fun games.

Visit your local Canadian Tire store on May 25 to help kids in your local community "get in the game."

To learn more about Jumpstart Day events, visit www.jumpstart.canadiantire.ca/en/events



help change it all.

Canadian Tire, Sport Chek, Mark's
red ball in exchange for a \$2 donation.
a or call 1-877-616-6600

help all kids play

IN 2012, MORE THAN
\$415,164
WAS INVESTED IN
NOVA SCOTIA TO GIVE KIDS
A SPORTING CHANCE



Jumpstart

HALIFAX

metro®

NEWS
WORTH
SHARING.



Together we can help all kids play



1 in 3 Canadian families can't afford to enrol their kids in organized sport and recreation. You can help change that.

Visit jumpstart.canadiantire.ca or call 1-877-616-6600



Jumpstart

